



## Positive Alternatives 2016 - 17 Quarterly Update

Grantee (Name and city): Morris life Care Pregnancy Center, dba Options for Women | Morris, Morris MN

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Goal: Support, encourage and assist women in carrying their pregnancies to term and in caring for their babies after they are born, as well as provide education to assist in lowering the number of infant mortality in West Central MN

For the period: 10/1/2017 - 12/31/17 Quarter: 6th

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Administrative Activities	Hiring, training, volunteer coordination, staff assessment and all administrative duties. Plan grant activities, build and implement programs. Provide guidance to grant staff; complete grant forms; attend required grant meetings.		Plan grant activities, update & build / implement programs. Provide guidance to grant staff and inservices. Volunteer coordination, staff assessment and administrative duties. Managed the move from an old location to a new-- main street- space in Morris and the remodeling of that space to fit our needs. Had PA site visit in October. Hired one part-time Client Services Director/Office Manager. ED is continuing to participate in a monthly Leadership Training program. We have 4 new board members.	
Outreach	Plan and implement outreach to Hispanic Community; increase promotional activities, advertising, public presentations, networking and outreach efforts of center; increase staff capacity as needed, recruit volunteers, increase communication and update the website.		We continue to implement our outreach to the Hispanic community. We meet Hispanic clients in Hancock (Stevens Co.) and now Wheaton (Traverse Co.) and Graceville on a weekly basis who do not have regular transportation. We are planning a community outreach to Spanish speakers for February, 2018. We are reaching out to Public Health in Pope County to increase client numbers at our satellite site in Starbuck to serve clients in Pope County. We are currently training the volunteers at that site and are rotating them through our main center to increase their experience and keep motivation. We met with Boy Scouts, distributed Thanksgiving food to needy clients. We had a	

			Christmas Open-house for the <i>Parade of Lights</i> and done substantial networking. We have met with clients in other counties that do not yet have a permanent satellite site as needed ( Wheaton, Hancock).	
<b>Car Seat Program</b>	Provide car seats and certified car seat instruction and follow up in an incentive based program. Car Seat education, Car Seat Installation, follow up re-checks and instruction. Host or assist in Public Car Seat events (EWYL class 7.3 included)	28 annual = 7 /Q	We are providing safety training, instruction and installation education of car seats to our clients, as well as re-checks after baby is born for a retention check and look for any new safety issues. We provide more instruction as necessary. We have begun enrollment in the new year's program. Our ED became Car Seat Certification Trained in November. We hope to have our new CSD/Office manager take the training in the future.	1 seat check, 7 installs 5 classes and 6 signed up for program
<b>Case Management Services</b>	Follow up with each client either in person or by phone following a car seat instruction, an Earn While You Learn Education class, a pregnancy test, or Mentorship meeting. Promote healthy connections and choices.	200/ quarter (based on client visits)	We currently text clients a reminder which causes them to make follow up reply/calls to schedule another appointment if they have not already made one, or for any questions or concerns. Initial visits were down since we moved locations but we are beginning to see activity resume and experience more walk-ins. We sent move related information cards, Christmas cards, and encouragement notes to all clients.  We also do follow-up phone calls if the client is open to it.	159 client visits, many card mailings, 14 follow-up calls
<b>Promotion, Education Outreach----</b>  <b>Regional Community Outreach</b>	Community Outreach Events for promotion and fortification of center and its services.  Promote Satellite Sites, services and education in those counties	30 people per event  2 sites/yr	We are participated in the "Fall into health" Expo with SCMC in October and our annual Banquet in October. We had visits and tours with community groups for food distribution in Morris. We had We had an open-house for the <i>Parade of Lights</i> in Morris. We gave NFP classes in Starbuck.	large Expo where attendance can not be numbered. Open-house had 50+ people. Starbuck NFP classes had 10 people.

<b>Crib Distribution/ Sleep Safety Education</b>	Safe Sleep Education Only (#3.4) provided through Earn While You Learn Programs. General safety classes: 7.1,7.2,8.5, 6.4, 6.2, 3.4) This may lead to crib distribution through Birthright in Alexandria or Pack and Play distribution through Cradle of Hope (we are a Pack & Play crib site)	2-3 Pack&P lays per quarter with Classes	We promote safe sleep situations to a large majority of our clients as a mandatory general safety class via brochures and videos. EWYL 3.4 "Safe sleep" is also one of the general safety classes of our car seat program to further promote safety and healthy outcomes. We recently purchased the SPA 3.4 spanish version. We have several EWYL classes that are a part of this General Safety Education Package: E 3.4, E6.2, E6.4, E7.1, E7.2, E8.5 ; SPA3.4,SPA 6.2, SPA 6.4, SPA 7.1, SPA 7.2, SPA 8.5.	8 clients viewed vid#3.4. 3 cribs given
<b>Interpreter Services</b>	Interpreter on staff who also is a trained Client Advocate as well as Certified Car Seat Technician. Interpreter will be translating documents, website, assisting at Education Outreach Events, managing cases and more	60 client visits/Q (services based on client visits)	We have had an EXCELLENT response to our translating services. Our translator has helped our outreach efforts and the Spanish program continues to be a vital aspect of our services. Of the 540 Q6 activities, 335 of those were with Hispanic clients. Of the 159 Q6 EWYL classes 110 of them were shown to Spanish speakers. Our interpreter travels to Hancock (Stevens co.) and Wheaton, (Traverse Co.) each week to extend our services to clients in those communities who lack transportation. Our interpreter installs and teaches proper car seat use as well as SIDS education and other relevant safety information. She sees all spanish speaking clients and follows up with them as she deems necessary.	110 classes, 335 activities 6 of 15 new clients use interp. services
<b>Life-Coaching Education Program</b>	Life Coach training will be taken online/in person and provided to all clients. Will use life coach method with all Intakes, Earn While You Learn Clients and Pregnancy Tests	6-7/Q	We use some Life Coaching techniques in our regular client visits. Our Spanish Client Services Director is enrolled in a Certification Program that begins in January. Another Advocate is interested in classes through an on-line program. We have clients who come for this kind of counsel now and we hope to give them more comprehensive services in the future.	22 now but program is not official --NA
<b>Nutrition</b>	Provide Nutrition Education only ( E1.1,1.2,1.3,E-2.1, E2.3 or SPA1.1,1.2, 1.3 SPA 2.3 )	6-7/Q	We have not yet become a medical center and therefore can not give vitamins to our clients. We have utilized the education information from our EWYL program which has been received well. We are working on building the base of the center and connecting with medical resources so that we may be able to offer this service in the future.	4 English 4 Spanish Education only
<b>Parenting Education</b>	Program name: Earn While You Learn Parenting Classes	25/Q	We are using Parenting education as part of our Earn While You Learn program. Many clients have expressed how this program has helped them in their daily lives & in making better choices for their children. Parents have also expressed that they have better behavior outcomes	10 P&SPAP classes,

	(EWYL P and SPAP classes)		from their children at home when implementing the skills and information we provide.	6 for Toddlers
<b>Pregnancy Education</b>	Program name: Earn While You Learn Pregnancy Classes  (EWYL all E and SPA classes)	38/Q	We are using pregnancy education which is also part of our Earn While You Learn Program. Many clients have stated the information is helpful whether they had received the education previously or not. As an extension of this we have implemented the prenatal care program to educate women about the impact of getting prenatal medical care throughout their pregnancies and to help us discover some of the barriers that they have in getting that necessary prenatal medical care specific to our community.	56 English class,+ 61 Spanish class= 117
<b>Preconception Education Outreach</b>	Community Event for Pregnant and pre-conception women. Provide education and information materials including NFP and fertility training.	20 annual- 5 people /Q	Our staff offers Natural Family Planning and fertility Education courses to our clients individually as well as in groups. There have been a few classes done recently with all the staff both in Morris and Starbuck. The Starbuck sponsored an NFP event as an outreach in November.	10 people in Starbuck and 5 more individuals
<b>Pregnancy Tests and verification</b>	Program name: Pregnancy Testing. Provide intake assessment for program eligibility, pregnancy test, support, counseling and education	25 annual 6.7/Q	We provide intake assessment for program eligibility, pregnancy test, support, counseling and education for each new client as needed.	5 total 3(-) 2(+)

<b>Transportation Assistance</b>	Transportation vouchers given as bus passes or \$5 gas certificates (not to exceed \$50 per client per year) to clients who have transportation issues in getting to/from classes as well as for specialists in St Cloud or Mpls.	40 annual 10 /Q	Provide vouchers for transportation to and from classes and Doctor Appointments. We have purchased the vouchers, and they are available to our clients. The bus passes have been essential to our clients locally. We count single ride passes and each gas certificate as one. The bus passes are used much more than the gas vouchers since many of our clients live in town.  Our Client Advocates travel to the communities in the 6 county region to see clients which helps on transportation.	25 Bus 0 gas vouchers
<b>Provide Necessary Services to all clients</b>	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals	13/Q new clients	We have changed our forms to include questions on all necessary services and make a point at each intake to ask about the need for additional services. We then utilize our resource database to provide information and make referrals.	15 new of 51 unique clients  1 referral
<b>Provide Necessary Services; Assessments Only for clients who do not receive grant funded services</b>	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals	2-3 annual	Assessments and meetings with staff without referrals or grant funded programs. Such as parenting of children older than 12 mo, religious content, materials for non-pregnant women, or partners/family that do not qualify for state funded programs.	none

Maternal and Child Health Initiative Task Force Strategies	#/Q
Number of women who received car seats and car seat safety education from a PA funded program activity (all who receive seats participate in class-- EWYL class <b>E7.3</b> , or <b>SPA7.3</b> as well as other classes)	8= 1 seat check, 7 installs
Number of women who received car seat safety education only from a PA funded program activity (enrolled in program or participated in class but have not received a seat yet)	5 classes only, 6 more enrolled in program
Number of women who received child abuse prevention education from a PA funded program activity (including EWYL's: #E2.3, E7.1, E 7.2, E7.3, E7.5, E6.2, E6.4, <b>E8.5</b> or # SPA2.3, SPA 7.1, SPA 7.2, SPA 7.3 SPA 7.5, SPA 6.2, SPA 6.4, SPA 3.4, <b>SPA 8.5</b> )	43 instances
Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity (EWYL class <b>E8.5</b> or <b>SPA8.5</b> specifically)	13
Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity (All who receive a crib/P&P participate in EWYL class <b>E3.4</b> or <b>SPA 3.4</b> specifically, as well as other general safety videos )	3
Number of women who received sleep safety education only from a PA funded program activity (have watched <b>E3.4</b> or <b>SPA 3.4</b> but have received a crib/P&P yet)	5

**Comments:**

Earlier in the year our board reviewed our programs with their budget, and clarified our goals/priorities. They projected forward and revised our workplan, and reports to reflect that update. This Q6 report should be in line with those updates. Since that time our center has moved locations. We have added 4 new board members, hired a CSD and are looking at the possibility of adding a medical program in the near future which may include a medical director, ultrasound capacity, staffing and STI/STD testing as discussed at our site visit.

Our Transportation needs have shifted as we now travel to the other counties (including establishing satellite sites) to meet with our clients rather than give them transportation vouchers to bring them to the Morris location. The above report reflects that change. We also see that Bus passes are more popular than gas vouchers as many women do not have a vehicle of their own or access during the day, so gas is not the issue.

The Interpreter services numbers were based on the number of Hispanic clients, client visits and SPA classes. We are currently looking at other methods to track the case management load of our Spanish Interpreter as well as our individual client advocates.

We have a “general safety set” of videos that include several EWYL topics such as Shaken Baby, Infant CPR, SIDs, What’s Safe and What Isn’t, Domestic Violence Prevention, etc. that we have clients watch if they are interested in the crib/Pack&Play or the Car Seat program. The final video for a client to watch for the Car Seat Program is Car Seat Safety E7.3/SPA7.3. The final video for the crib/Pack&Play Program is Safe Sleep E3.4/SPA3.4. Since clients watch many safety/abuse videos in the different programs it is difficult to give numbers of unique individuals for this part of the report. Only the number of times these specific videos have been shown has been recorded and not the specific number of individuals.